

# THRIVE

Week of 6/05 to 6/09

## Block Party



### FEATURES

- M** Pulled Chicken with  
Stewed Chickpeas & Zucchini  
Served with Steamed Brown Rice
- T** Jerk Chicken Quesadilla
- W** Chicken & Red Chili Sauce  
Served with Steamed Brown Rice
- TH** Bean & Chicken Chilaquiles
- F** Chimichurri Citrus  
Tuna Salad Sandwich

### SIDES

- Citrus Glazed Carrots
- Frijoles ala Charro
- Yucca Fries
- Elote Corn
- Garlic Roasted Summer  
Squash & Peppers

## Fusion Eats



### FEATURES

- M** Cheeseburger  
Grilled Chicken Sandwich
- T** Cheese Pizza  
Pepperoni Pizza
- W** Bean & Cheese Nachos  
Beef & Cheese Nachos
- TH** Cheeseburger  
Grilled Chicken Sandwich
- F** Cheese Pizza  
Pepperoni Pizza

### SIDES

- Seasoned Potato  
Wedges
- Roasted Broccoli and  
Red Peppers
- Frijoles ala Charro,  
Stewed Pinto  
Beans-*Vegetarian*
- Seasoned Potato  
Wedges
- Roasted Broccoli and  
Red Peppers

## Capitol Kitchen



### FEATURES

- M** Chicken Étouffée  
Served with Steamed Brown Rice  
Veggie Burger  
With Ketchup & Mustard
- T** Spaghetti & Meat Sauce  
Served with Garlic Knot or Breadstick  
Classic Grilled Cheese Sandwich
- W** Cheeseburger  
Jerk Lentils  
Served with Steamed Brown Rice
- TH** Baked Tofu  
Served with Steamed Brown Rice  
and Teriyaki Sauce  
Oven Roasted Drumstick  
Served with Steamed Brown Rice
- F** Chipotle Chicken Sandwich  
Falafel & Rice Bowl

### SIDES

- Oven Sautéed Spinach  
Seasoned Potato  
Wedges
- Frijoles ala Charro  
Parmesan Green Beans
- Roasted Broccoli and  
Carrots  
Sweet Plantains
- Collard Greens  
Sweet and Sour Vegetables
- Roasted Broccoli and  
Red Peppers  
Sweet Potato Fries

## Corner Market



### FEATURES

- M** Hearty Garden Salad  
Served with Tortilla Chips  
Tuna Salad Sandwich
- T** Classic Chef Salad  
Served with Dinner Roll  
Sunbutter & Jelly Sandwich
- W** Chicken Salad Sandwich  
Hummus Box, Tortilla Chips

- TH** Chicken Caesar Wrap  
Hearty Garden Salad  
Served with Dinner Roll
- F** Jalapeño Lime  
Chicken Wrap  
Sunbutter & Jelly  
Sandwich

## From the Garden



### OFFERED DAILY

Lactaid Milk • Lowfat 1% White Milk • Skim Milk • Soy Milk

### MON

Tuna Salad  
Dinner Roll  
Canned Peaches  
Fresh Apple  
Kidney Beans  
Cucumber Slices  
Super Side Salad

### TUES

Hard Boiled Egg  
Dinner Roll  
Applesauce  
Orange Slices  
Basil Corn Salad  
Fresh Broccoli  
Florets  
Super Side Salad

### WED

Chicken Salad  
Dinner Roll  
Canned Pears  
Frozen Blueberries  
Baby Carrots  
Roasted Chickpeas  
Super Side Salad

### THURS

Pulled Chicken  
Dinner Roll  
Banana  
Orange Slices  
Celery Sticks  
Spicy Sriracha Slaw  
Super Side Salad

### FRI

Jalapeño Lime  
Chicken  
Dinner Roll  
Applesauce  
Mixed Fruit Salad  
Caesar Side Salad  
Chilled Peas  
Super Side Salad

### DRESSINGS

Italian  
Ranch

Week of 6/12 to 6/16

## Block Party



### FEATURES

- M** Salvadorian Chicken  
Served with Steamed Brown Rice
- T** Brazilian Steak Sandwich
- W** Sofrito Seasoned Black Beans  
Served with Oven-fried  
Brown Rice and Plantains
- TH** Bean & Queso  
Blanco Quesadilla
- F** Stewed Chicken,  
Green Chile & Corn

### SIDES

- Roasted Corn
- Seasoned Potato  
Wedges
- Roasted Broccoli
- Refried Beans
- Mexican Roasted Sweet  
Potatoes

## Fusion Eats



### FEATURES

- M** Cheeseburger  
Grilled Chicken Sandwich
- T** Cheese Pizza  
Pepperoni Pizza
- W** Bean & Cheese Nachos  
Beef & Cheese Nachos
- TH** Cheeseburger  
Grilled Chicken Sandwich
- F** Cheese Pizza  
Pepperoni Pizza

### SIDES

- Seasoned Potato  
Wedges
- Roasted Broccoli and  
Red Peppers
- Frijoles ala Charro,  
Stewed Pinto  
Beans-*Vegetarian*
- Seasoned Potato  
Wedges
- Roasted Broccoli and  
Red Peppers

## Capitol Kitchen



### FEATURES

- M** Turkey Tacos  
Served with Salsa  
Veggie Tortellini  
Served with Cheesy Breadstick
- T** Honey BBQ Chicken Sandwich  
Glorious Mac & Cheese  
Served with Whole Grain Breadstick
- W** Baked Mumbo Chicken Drumstick  
Served with Whole Grain Dinner Roll  
Vegan BBQ Sloppy Joe
- TH** Whole Grain French Toast  
Sticks & Turkey Sausage Patty  
Served with Maple Syrup  
Veggie Lo Mein
- F** Jollof Rice  
Served with Pulled Chicken and Whole  
Grain Dinner Roll  
Cheese Quesadilla  
Served with Salsa

### SIDES

- Seasoned Black Beans  
Garden Side Salad  
Served with Italian Dressing or  
Ranch
- Citrus Glazed Carrots  
Seasoned Potato Wedges
- Seasoned Green Beans  
Baby Carrots
- Fiesta Potatoes  
Spicy Asian Vegetables
- Roasted Broccoli  
Refried Beans

## Corner Market



### FEATURES

- M** Hearty Garden Salad  
Served with Tortilla Chips  
Tuna Salad Sandwich
- T** Classic Chef Salad  
Served with Dinner Roll  
Sunbutter & Jelly Sandwich
- W** Chicken Salad Sandwich  
Hummus Box, Tortilla Chips

- TH** Chicken Caesar Wrap  
Hearty Garden Salad  
Served with Dinner Roll
- F** Jalapeño Lime  
Chicken Wrap  
Sunbutter & Jelly  
Sandwich

## From the Garden



### OFFERED DAILY

Lactaid Milk • Lowfat 1% White Milk • Skim Milk • Soy Milk

### MON

Tuna Salad  
Dinner Roll  
Banana  
Applesauce  
Baby Carrots  
Broccoli Florets  
Super Side Salad

### TUES

Hard Boiled Egg  
Dinner Roll  
Canned Pears  
Apple Slices  
Celery Sticks  
Tomato & Cucumber  
Salad  
Super Side Salad

### WED

Chicken Salad  
Dinner Roll  
Frozen Blueberries  
Orange Wedges  
Asian Bean Salsa  
Roasted Sesame  
Carrots  
Super Side Salad

### THURS

Pulled Chicken  
Dinner Roll  
Diced Peaches  
Frozen Blueberries  
Cucumber Slices  
Blue Ribbon Slaw  
Super Side Salad

### FRI

Jalapeño  
Lime Chicken  
Dinner Roll  
Orange Slices  
Mixed Fruit Salad  
Caesar Side Salad  
Roasted Corn  
Super Side Salad

### DRESSINGS

Italian  
Ranch



# THRIVE

Week of 6/19 to 6/23

## Block Party



### FEATURES

- M** Pulled Chicken  
with Stewed Chickpeas & Zucchini  
Served with Steamed Brown Rice
- T** Jerk Chicken Quesadilla
- W** Chicken & Red Chili Sauce  
Served with Steamed Brown Rice
- TH** Bean & Chicken Chilaquiles
- F** Chimichurri Citrus  
Tuna Salad Sandwich

### SIDES

- Citrus Glazed Carrots
- Frijoles ala Charro
- Yucca Fries
- Corn Elotes
- Garlic Roasted Summer  
Squash & Peppers

## Fusion Eats



### FEATURES

- M** Cheeseburger  
Grilled Chicken Sandwich
- T** Cheese Pizza  
Pepperoni Pizza
- W** Bean & Cheese Nachos  
Beef & Cheese Nachos
- TH** Cheeseburger  
Grilled Chicken Sandwich
- F** Cheese Pizza  
Pepperoni Pizza

### SIDES

- Seasoned Potato  
Wedges
- Roasted Broccoli and  
Red Peppers
- Frijoles ala Charro,  
Stewed Pinto  
Beans-Vegetarian
- Seasoned Potato  
Wedges
- Roasted Broccoli and  
Red Peppers

## Capitol Kitchen



### FEATURES

- M** Jamaican Jerk Chicken  
Served with Brown Rice  
Grilled Cheese Sandwich
- T** Alaska Five O Burger  
Baked Penne  
Served with Cheesy Breadstick
- W** Teriyaki Chicken & Rice Bowl  
Tofu Fried Rice
- TH** Turkey Hot Dog  
Lentil Dal  
Served with Brown Rice
- F** Beef Enchilada  
Alfredo Macaroni

### SIDES

- Sweet Plantains  
Baby Carrots
- Sweet Potato Fries  
Celery Sticks
- Roasted Broccoli and  
Red Peppers  
Green Peas
- Sauteed Spinach  
Oven Baked Fries
- Mexican Black Beans  
Caesar Side Salad

## Corner Market



### FEATURES

- M** Hearty Garden Salad  
Served with Tortilla Chips  
Tuna Salad Sandwich
- T** Classic Chef Salad  
Served with Dinner Roll  
Sunbutter & Jelly Sandwich
- W** Chicken Salad Sandwich  
Hummus Box, Tortilla Chips

- TH** Chicken Caesar Wrap  
Hearty Garden Salad  
Served with Dinner Roll
- F** Jalapeño Lime  
Chicken Wrap  
Sunbutter & Jelly  
Sandwich

## From the Garden



### OFFERED DAILY

Lactaid Milk • Lowfat 1% White Milk • Skim Milk • Soy Milk

### MON

Tuna Salad  
Dinner Roll  
Banana  
Applesauce  
Baby Carrots  
Broccoli Florets  
Super Side Salad

### TUES

Hard Boiled Egg  
Dinner Roll  
Canned Pears  
Apple Slices  
Celery Sticks  
Tomato & Cucumber  
Salad  
Super Side Salad

### WED

Chicken Salad  
Dinner Roll  
Orange Wedges  
Frozen Blueberries  
Asian Bean Salsa  
Roasted Sesame  
Carrots  
Super Side Salad

### THURS

Pulled Chicken  
Dinner Roll  
Frozen Blueberries  
Diced Peaches  
Cucumber Slices  
Blue Ribbon Slaw  
Super Side Salad

### FRI

Jalapeño Lime  
Chicken  
Dinner Roll  
Orange Slices  
Mixed Fruit Salad  
Caesar Side Salad  
Roasted Corn  
Super Side Salad

### DRESSINGS

Italian  
Ranch